CHAPTER 8

# Exemplary Physical Education Programs

# Questions

- **What does quality physical education look like?**
  - **What are the students doing?**
  - **What is the teacher doing?**
- **What is needed to create a quality physical education program?**

# Objectives

- **Explore examples of successful physical education programs.**
- **Compare and contrast the curricular models and identify common areas that make up a quality program.**
- **Discuss what support is needed to help foster a quality physical education program.**

# The Active and Healthy School Program

- **Beyond regular physical education lessons**
- **Creates designated activity zones throughout the school**
- **Different options and modifications at each zone connected to physical education content**
- **Connected to whole school wellness, classroom activity breaks, and healthy food options**

# A Truly Individual Approach

- **Historically, high school physical education has tended to favor high-skilled students**
- **After a professional development session, transitioned to adopt Fitness for Life curriculum model**
- **Student choice to select activities and self-monitor (e.g., pedometer, heart rate monitors, journal)**

# Maximize Campus-Based Physical Activity

- **TEAM-Time (Together Everyone Achieves More)**
- **Dance or activity for 15 minutes to start every school day**
- **Everybody participates (all students and all staff)**
- **Older students help younger students**
- **Improved attention and sense of community**

# Blending Health and Outdoor Activities

- **Based around state learning expectations**
- **Expanded wellness goals**
- **Makes connection to environment and future career path**
- **Outdoor Academy connects physical education to academic classes**
- **Example: Fly-fishing activity combined with reading *A River Runs Though It* by Norman Maclean**

# Healthy Lifestyles Curriculum

- **Approaches physical education like being a member at a health club**
- **Variety of activities to choose from**
  - **Aerobic fitness**
  - **Muscular fitness**
- **Uses technology for activity tracking and accountability**

# Personal and Social Responsibility

- **Develops leadership and responsibility**
- **Positive and supportive relationships with students**
- **Modifies school environment to promote levels of responsibility**
- **Reduces amount of inappropriate behaviors**
- **Encourages older students to mentor younger students**

# High School Outdoor Pursuits Option

- **Interdisciplinary Environmental Expeditions program**
- **Physical education, science, English, social studies**
- **Service-learning component to engage in the community**
- **Develops leadership and awareness through outdoor pursuits**

# Research-Based Elementary Program

- **Project SPARK (Sports, Play, and Active Recreation for Kids)**
- **Funded program centered around public health outcomes**
- **Emphasizes increased physical activity and fitness**
- **Published evidence of the effectiveness of the program**
- **Professional development and resources for**

# Connecting With the Community

- School district embarked on a large-scale initiative to build close community connections
- Partners with community and private-sector sport organizations
  - Cycling clubs
  - First Tee
  - Indoor rowing clubs
- Provides link between physical education and out-of-class recreational opportunities

# Sport Education Focus

- **Provides students a deeper, more authentic sport experience in playing and nonplaying roles**
- **Teams practice and compete over the course of a 20-lesson season**
  - **Standings are kept and posted**
  - **Win-loss and fair play**
- **Classes compete against other classes in schoolwide events**
- **Student excitement resulted in creation of new sport leadership club**

# Program With Proficiency Expectations

- Grades earned by demonstrating skill proficiency
- Select from range of activities
- Assessed by teachers using scoring guides
- Learning expectations meet state and local standards
- Connects school experience to lifelong participation

# Why Do These Programs Work?

- **Physical education staff demonstrated initiative and leadership**
- **Needed to start and sustain programs**
- **While different, each program has specific emphasis such as fitness, outdoor pursuits, and Sport Education**
- **Students excited to participate**
- **Teachers prioritize physical education and not coaching**
- **Administrative support**

# Statewide Approach

- **North Carolina: Professional development through professional learning communities—develop, share, and refine ideas with peers**
- **High school teachers paired with teacher educators from local universities and colleges**
- **Implement and assess changes to student outcomes; refine and repeat**

# Efforts to Support Physical Education

- **Positive legislative steps are developing to support physical education.**
  - **Advocacy from physical education teachers**
  - **Accountability needed to ensure directives are being met**

- **Schools and districts can help by adopting a specific curricular approach.**
  - **Student-centered activities that are fun and engaging**
  - **Develop knowledge and skills for lifetime participation**

# Activity

- **Select one of the examples and describe how you would adopt or modify their approach to your school.**
- **If you were to create a checklist to evaluate program success, what items would you include? Why?**
- **Discuss if all students at a school should have access to physical activity opportunities, even if they are not enrolled in physical education classes.**

# Summary

- **High-quality programs exist across varied curricular approaches.**
- **Physical education and activity are for all students.**
- **Qualified teachers and well-defined and structured frameworks are necessary.**
- **Tasks/Assignments:**
- **Next Class:**